

Food Safety Information for Adult Family Home Continuing Education July 2005

Revised May 2006

What is this about?

Effective July 1 2005, this information can be used to meet .5 hour continuing education food safety requirement for adult family homes.

Why is this important to you?

Helping to prevent food borne illness is important for a client's health.

What you will learn about:

- What food borne illness is and what causes it.
- How to prevent food borne illness by using effective food safety practices, including:
 - how to safely prepare, thaw, and store food;
 - how to prevent cross-contamination;
 - important infection control practices.
- The importance of knowing if a client has any food allergies.

Food-Borne Illness

Food-borne illness (FBI) is any illness caused by eating contaminated food. Symptoms of FBI can include vomiting, diarrhea, fever, and stomach cramping.

An older person or someone with a chronic illness can be at a higher risk of a FBI because his/her immune system is not as strong to fight it. Extra care is needed. Certain foods are more likely to cause FBI in people at higher risk including undercooked meat or eggs, raw oysters, sprouts, and unpasteurized milk or juices.

You must have a good understanding of what causes FBI and know how to prevent it.

Causes of Food-Borne Illness (FBI)

Bacteria - the most common germ that causes FBI. Almost always, food with enough bacteria to cause FBI looks and smells fine. In some cases, bacteria can make a food turn color or smell.

Viruses - germs that cause FBI through direct contact or airborne spread with food.

Parasites - tiny worms or bugs that live in fish and meat.

Chemicals - insect bait, household cleaners, or other chemicals that come in contact with food.

Pesticides, chemical additives - pesticides used in growing crops that are still on the food or chemicals added to enhance shelf-life or color.

Fungi, including molds and yeast - molds are furry looking spots or areas on the surface of foods. Yeasts look like round, dot-shaped patches and are not harmful on their own but can change the food's environment so that harmful bacteria grows.

Common Germs Causing Food-Borne Illness

Hepatitis A - virus passed through contaminated food, water, or contact with a person who is currently infected with the disease. See the Common Diseases and Conditions section page 312 for more information on hepatitis A.

E. coli - bacteria found in feces.

Norovirus - highly contagious virus passed through contaminated food, water, or contact with a person who is currently infected with it. Commonly referred to as the stomach flu.

Salmonella - bacteria found in dairy foods, poultry, or eggs.

There are five required food safety practices, including:

1. Washing your hands for at least 20 seconds.
2. Preparing food safely.
3. Storing food safely.
4. Preventing cross-contamination.
5. Cleaning and disinfecting surfaces food touches.

As a caregiver, you have constant direct and indirect contact with the client and things in the environment. With every thing or person you touch, more and more germs build up on your hands. Your hands quickly become a source for the spread of infection.

An essential part of food safety is to know when to wash your hands and doing it. Wash your hands for at least 20 seconds. If you do not wash your hands, your hands can put germs in the food you are preparing for a client. He/she could then get sick from these germs.

Food Safety Practices

Handwashing



Before

- ☐ touching anything used to prepare food

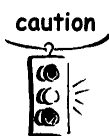
When to Wash Your Hands for Food Safety

After

- ☐ handling raw meat, fish, poultry
- ☐ contact with a client
- ☐ using the restroom
- ☐ removing gloves
- ☐ contact with contaminated items
- ☐ blowing nose, sneezing, coughing
- ☐ smoking
- ☐ handling pets
- ☐ handling trash or taking out the garbage

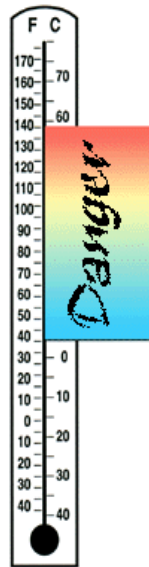
When you are sick

You should not prepare food for a client if you are sick (e.g. cold, fever, flu, vomiting, diarrhea). The germs you bring to work can spread when you sneeze and cough, and when you touch food, dishes, counters, utensils, pots, pans, and other people.



Washing your hands for at least 20 seconds and cooking and cooling foods safely are the most essential safe food handling practices.

Prepare Food Safely



The Danger Zone

Bacteria, or other germs, do not grow when the temperature of food is colder than 41° F or hotter than 140° F.

Germs grow quickly in foods left at temperatures between 41° F and 140° F. Keep potentially hazardous foods out of this "Danger Zone".

Potentially hazardous foods

Beef, lamb, seafood, pork, poultry, and stuffing are examples of potentially hazardous foods. These are all foods that are moist or damp and have protein. Refried beans, cooked rice, and baked potatoes also grow germs quickly if left in the Danger Zone.

When getting ready to prepare food:

- wash your hands.
- take the food to be fixed out of the refrigerator, stove, freezer, etc. Only take out what you will be preparing immediately. This is especially important when preparing potentially hazardous foods.

Cooking

Kill germs with heat by cooking them above the Danger Zone at 140° F or more. Different foods must reach different temperatures to be safe.

| | |
|---|-----------------------------------|
| Poultry, stuffed foods or stuffing, casseroles, all raw animal products cooked in a microwave, all reheated potentially hazardous food. | 165° F (for 15 seconds) |
| Hamburger, sausage | 155° F (for 15 seconds) |
| Eggs, fish, beef, pork | 145° F (for 15 seconds) |
| Vegetables or Packaged ready-to-eat foods that will be hot held (foods kept hot until served) | 140° F |

Metal stem thermometers

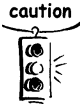
You will need a special, metal stem thermometer to check if the food is done all the way inside. Place the metal stem thermometer in the center of the food to measure the inside, or internal, temperature of the food.

Clean the metal stem thermometer with hot, soapy water between each use.

For foods cooked in a microwave, stir and turn the dish while it cooks. This makes sure the food cooks to the same temperature in every part. Check the food with a metal stem thermometer before you serve it.

Thawing frozen foods

Never thaw food at room temperature, on a counter, or in warm water. These methods let harmful bacteria grow quickly to high, possibly unsafe numbers. The inside of the food may be at a safe temperature, but the outside could be perfect for bacterial growth.



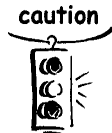
There are 3 safe ways to thaw foods. Plan ahead to allow enough time to do it right!

1. Use the **refrigerator** to thaw the food. It may take longer, but this is the best and safest way.
2. Thaw the food **under cool, running water** - never under warm or hot water.
3. Use a **microwave** and follow the manufacturer's defrosting instructions.

Reheating

When you reheat food:

- only reheat food that has been safely prepared and refrigerated promptly;
- reheat it quickly (within one hour) to 165° F;
- use the burner on a stove, microwave, oven, or a double boiler;
- stir the food to be sure that all parts of it are hot;
- use a metal stem thermometer to check the temperature;
- leftovers should be reheated only once - and eaten within 2 days of being stored properly in the refrigerator.

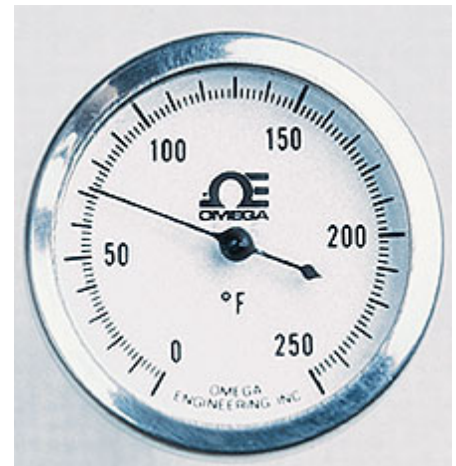


Take care in eating or serving food heated in the microwave. Food heated in the microwave can continue to heat up for some time after it is taken out of the microwave and can cause burns.

Cooling leftovers

Bacteria can grow quickly in cooling food. It is important to cool food quickly through the Danger Zone.

- Put all meats and other hot food in the refrigerator as quickly as you can. Do not let food sit at room temperature for more than 30 minutes.
- Divide large portions of food into shallow pans (no more than 2 inches deep) and put on the top shelf of the refrigerator. Don't stack or cover the pan while the food is cooling. Cover the pan after the food is 41° or colder.



Do not let food sit at room temperature for more than 30 minutes.

- Liquids can also be cooled by placing a container with the food in an ice bath and stirring until the temperature is under 41°F. More ice should be added when the ice melts. Then cover and put it in the refrigerator.
- Never try to cool food that is more than four inches thick. For example, cut a large, cooked roast into smaller pieces to cool.

Special consideration for cold salads

Potato, pasta, macaroni, egg, and chicken salads have to be cold enough to keep germs from growing. When you make these foods, all ingredients should be cooked and then chilled to below 41° F before mixing ingredients and serving.



Food allergies and clients

Some people have allergies to food that can be serious and can cause sudden, life threatening reactions. Even a small amount of food can make the person sick.

Symptoms of an allergic reaction to a food can be a tingling or itching sensation, hives, swelling of the mouth or throat, eyelids, face, lips, and tongue, abdominal pain, diarrhea, nausea, vomiting, difficulty breathing, light headedness, or loss of consciousness.

A client with a food allergy must avoid any source of the food. A client's safety can depend on safe preparation steps in the kitchen (e.g. paying close attention to the ingredient list on food labels). Make sure to talk with the client about any food allergies he or she has.

It is a medical emergency if a person develops any type of serious or whole-body reaction, even hives, after eating food he or she is allergic to. As in any other emergency with a client, call 911 or follow the emergency and reporting procedures where you work.

A refrigerator should be set at 40° F or lower. Freezers should be set at 0° F. Measure the temperature with a metal stem thermometer. Fish, shellfish, poultry, milk, and red meat will stay fresh longer if kept below 40° F. Seafood will keep longer at 30°F.

Storing foods in the refrigerator

- After shopping, put away the groceries that need to be refrigerated or frozen right away.
- Don't overpack the refrigerator. Air must be able to circulate freely in order to chill foods effectively and prevent warm spots.

Foods that cause the most allergies include milk, soy, eggs, wheat, peanuts, nuts, fish, and shellfish.

Store Food Safely

- Don't store perishables, such as eggs, in the refrigerator door. Because the door is opened frequently, its temperature is generally higher than the rest of the refrigerator and may not be safe.

Store dry foods safely

To store foods safely:

- store foods in clean, leak proof containers with an airtight lid. Store so you can use older food first. "First in, first out" is a good rule to follow.
- cover, label, and date, dry, refrigerated, or frozen foods.
- do not store food in galvanized cans or containers with metal coatings because some foods can "pull off" the metal which can cause poisoning.
- plastic bags should be the kind approved for food use.
- keep all foods off the floor.
- store foods away from cleaners and poisons.
- use utensils with bulk foods. Tongs and scoops work well.
- foods which are extremely sweet, like jams and jellies, are usually not a problem because the high sugar content prevents bacteria from growing. However, these foods can get moldy if they are very old or had a bad lid seal. If this happens, throw it away.

As a caregiver, your role is to help prevent cross-contamination.

Raw meat and cross-contamination

- Wash your hands between handling raw meat and foods that will not be cooked before eating.
- Don't let raw meat, fish, or poultry drip onto foods that will not be cooked before serving in the refrigerator.
- Store raw meat, fish, and poultry in leakproof containers on the lower shelves of the refrigerator.
- Never store foods that will not be cooked before serving in the same container as raw meat, fish, or poultry.



Prevent Cross-Contamination

Cutting surfaces and cross-contamination

- Cut food on a hard surface made of a non-porous material with no cracks or holes where germs can collect. This type of surface is easier to disinfect.
- Always use separate cutting surfaces for meats, fish, and poultry.
- Fruits, vegetables, and bread can be cut on the same surface.
- Wash, rinse, and disinfect the cutting surface and all the utensils and knives every time you finish cutting raw meat, fish, or poultry, finish with a job, or are going to prepare a different food.
- Use a cutting surface you can put through the dishwasher, if possible. Nylon and acrylic are both dishwasher safe.

Clean and Disinfect Surfaces Food Touches

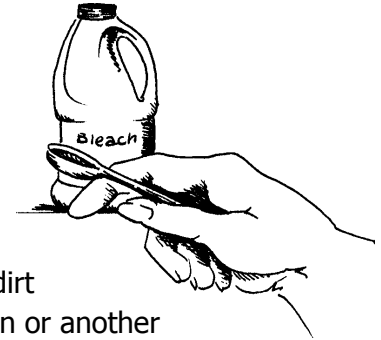
Dangerous bacteria grow easily in places that stay damp, such as kitchen sponges, dishcloths, sink drains, and faucet handles.

Dishes and utensils

- Avoid putting your hands directly in or on the food.
- Use utensils to mix food. If you must use your hands, wash them carefully. Use gloves if possible.
- Use a clean spoon or fork to taste food. Do not reuse it until you clean and disinfect it.
- Use dishes and utensils that are in good condition. Cracked wooden spoons or chipped dishes are good places for germs to grow.

General cleaning and disinfecting guidelines

Germs are easily moved from one surface to another. Make sure the kitchen, especially the areas and things used to prepare food, are properly cleaned and disinfected.



Cleaning and disinfecting are not the same.

Cleaning with soap, water, and scrubbing removes dirt and some germs. Disinfecting with a bleach solution or another disinfectant kills additional germs on surfaces.

There are 2 steps to clean and disinfect any surface.

1. Clean and scrub the surface with soap and water;
2. Disinfect the area with a bleach solution or a commercial, household cleaning solution.

One teaspoon bleach to one gallon of water makes a good disinfectant solution. Use the solution within 24 hours.

Clean and disinfect all surfaces food touches

- When cleaning, basic good personal hygiene is important.
- The kitchen should be well-ventilated.
- Kitchen countertops, appliances, the inside of the refrigerator, sinks, dining table and chairs, and floors should be kept free from food particles and cleaned and disinfected regularly.
- Clean spills from the microwave, stove, or oven after each use.
- Clean the can opener often. Germs collect and grow there. Wipe off can lids before opening to remove dust, etc.
- Use separate clean cloths or paper towels for drying hands.
- Use separate cloth or paper towels for wiping up spills from the floor.
- A sponge spreads germs. Use paper towels if possible. Throw the paper towel away after cleaning each surface to help stop cross-contamination.
- Wash all towels, cloths, and sponges often.
- Replace sponges every few weeks.
- Mops should not be rinsed out in the kitchen sink.

Washing dishes

Dishwashers are the safest way to wash dishes. If a dishwasher is not available, use this fourstep method of washing dishes by hand.

1. Wash dishes with detergent.
2. Rinse in hot water.
3. Disinfect with bleach water in the sink (one teaspoon bleach to one gallon of water).
4. Air dry the dishes. Do not use a towel to dry them.

After cleaning

- Keep pots, pans, and utensils off the floor.
- Put cups and glasses away upside down on clean surfaces. When you pick them up again, do not touch the rims.
- When you put away eating utensils, touch only the handles.



C.E. Review

1. The safest way to thaw foods is to use the following:
 - a. Counter.
 - b. Refrigerator.
 - c. Hot water.
2. To prevent cross-contamination of food, always clean and disinfect a cutting board after using it for:
 - a. Bread or baked goods.
 - b. Fruits and vegetables
 - c. Meat, fish, and poultry.
3. True False Food borne illness is caused by eating contaminated food.
4. True False To be safe, a refrigerator should be set to 0 degrees.
5. Germs grow quickly when left in temperatures between the danger zone at:
 - a. 0 and 100 degrees.
 - b. -10 to 120 degrees.
 - c. 41 to 140 degrees.
6. True False Foods must be reheated to 165 degrees.
7. The **most** important safe food safety practices are:
 - a. Washing your hands and cooking and cooling foods safely.
 - b. Shopping for and preparing nutritious foods.
 - c. Using an oven mitt when handling hot foods or meats.



C.E. Review Answer Key

1. The safest way to thaw foods is to use the following:
a. Counter.
b. Refrigerator.
c. Hot water. Page 5
2. To prevent cross-contamination of food, always clean and disinfect a cutting board after using it for:
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b. Fruits and vegetables
c. Meat, fish, and poultry. Page 7
3. ☒ True ☐ False Food borne illness is caused by eating contaminated food. Page 2
4. True ☒ False To be safe, a refrigerator should be set to 0 degrees. Page 6
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 - a. Washing your hands and cooking and cooling foods safely.**
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